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ABSTRACT

This document, which was developed for use by Pennsylvania 4-H Club leaders and members, is a chart that can be used to help club members determine and document those sewing skills they already have and those they need to learn as they complete one or more 4-H Club sewing projects. The document begins with a note to club leaders and parents that provides basic information about the chart's purpose and about the objectives of club activities. The chart includes spaces for club members to record their mastery of a total of 302 skills in the following categories: basic sewing tools; hand stitching; fabric knowledge; fabric skills; pattern knowledge; interfacing; sewing area setup; sewing machine; machine stitching; seams; sleeves; necklines and collars; pockets; waistline; fasteners; zippers; hem and hem edges; pressing; care; other techniques; consumer; and selection and design. Also included is space where club members can include photographs of projects they have completed along with the projects' names and dates. (MN)

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ED 419 913

Sewing Skills Progress Chart
4-H Textile Science

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Sewing Skills Progress Chart

4-H Textile Science

Note to Leader and Parent

The 4-H Sewing Skills Progress Chart can be used along with project books to help young people determine which skills and knowledge they already have and which things they can learn. Keep this record for their use throughout their 4-H experience. Use it as a planning tool to help members direct their project and feel good about what they have accomplished.

When members have completed their project, they can use this chart to identify what they have learned and what they may want to learn during the next project year.

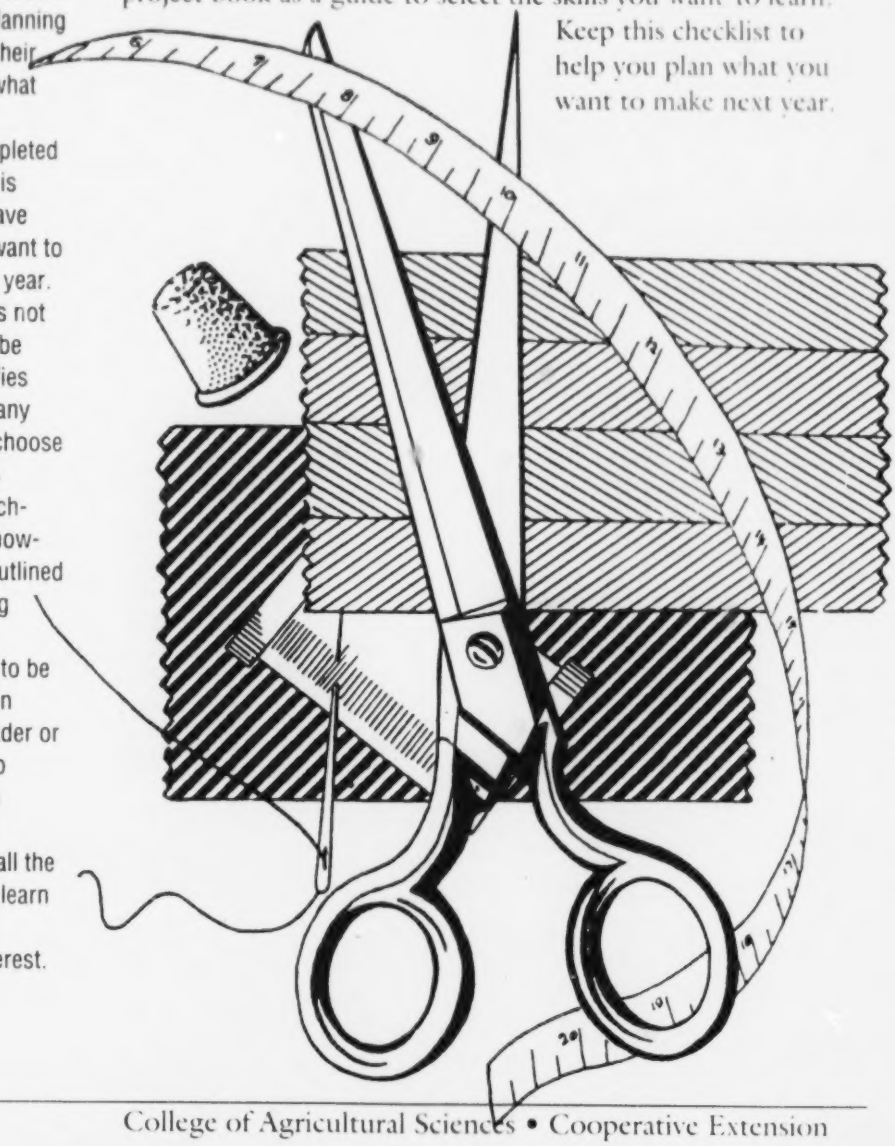
Please note that this tool is not exhaustive; other skills may be added as the member identifies them. Also, the list is not in any order, as young people will choose to make garments and items covering a wide variety of techniques. It is still important, however, to focus on the skills outlined for the project they are taking during the current year.

This tool is NOT designed to be used for competition between members nor should any leader or parent use this publication to compare two or more young people. Also, please do NOT attempt to have youth learn all the skills listed or force them to learn skills inappropriate for their knowledge, skill level, or interest.

Directions for Members

Please read the 4-H Sewing Skills Progress Chart carefully and place a check in the "Skills I know" column for skills you already know or have learned in previous years. With your leader, review the checklist again and mark the skills you want to learn or improve this year. Try to select two or three new sewing skills to learn in your project each year. Use your project book as a guide to select the skills you want to learn.

Keep this checklist to help you plan what you want to make next year.



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Skills I know	Skills to try this year (date)	Skills I have improved (date)

Basic Sewing Tools

Label tools to prevent loss			
Identify and use:			
Scissors or shears			
Pin cushion			
Thimble			
Seam ripper			
Seam gauge			
Measuring tape			
Silk pins			
Point turner			
Other _____			

Handstitching

Thread a needle			
Secure hand stitches			
Tie a small knot			
Measure thread length			
Basting			
Running stitch			
Back stitch			
Overcast stitch			
Blanket stitch			
Slip stitch			
Catch stitch			
Blind stitch			

Fabric Knowledge

Identify:			
Selvage			
Lengthwise and crosswise grain			
True bias and item cut on bias			
Knits, wovens, and nonwovens			
Fiber and fabric differences			
Four natural fibers			
Care labels			
Care label symbols			
Right and wrong side of fabric			
Napped fabrics			
Identify common fabrics:			
Gingham			
Denim			
Terry cloth			
Velvet			
Lace			
Seersucker			

(continued on page 3)

	Skills I know	Skills to try this year (date)	Skills I have improved (date)
Fabric Knowledge *(continued)*			
Challis			
Percale			
Other _____			
One-way designs on fabric			
Fabrics printed off-grain			
Balanced and unbalanced plaid			
Select notions and trims to match fabric			
Fabric Skills			
Pretreat fabric			
Straighten ends			
Pull some fabrics on grain			
Create self-bias			
Select color and type of thread			
Pattern Knowledge			
Take accurate body measurements			
Determine pattern size			
Determine fabric amount needed			
Identify symbols on pattern			
Locate information on envelope			
Determine layout			
Find needed pattern pieces			
Make simple pattern adjustments			
Place pattern on grain			
Measure accurately			
Calculate measurements			
Pin fabric to pattern			
Double check layout before cutting			
Place pattern on fold			
Use knit chart on pattern to determine stretch			
Follow layout for napped fabric			
Place pattern on plaid fabric			
Place and cut out knit fabric			
Cut pattern with long, even strokes			
Follow pattern directions			
Mark fabric with dressmaker carbon			
Cut out notches			
Make tailor tacks			
Interfacing			
Select correct type and weight			
Apply sew-in interfacing			
Apply fusible interfacing			

Skills I know	Skills to try this year (date)	Skills I have improved (date)

Sewing Area Setup

Set up machine			
Organize work area			
Adjust lighting			
Remove safety hazards			
Straighten work area			
Put items away promptly			
Wash hands before sewing			
Keep magnetic tools from electronic machines			

Sewing Machine

Refer to machine manual			
Refer to sewing books			
Identify parts of machine			
Thread machine			
Fill and insert bobbin			
Bring bobbin thread up			
Recognize balanced tension			
Adjust upper tension			
Adjust stitch length			
Adjust pressure			
Change machine needle			
Recognize needle sizes and types			
Remove lint from machine			
Oil machine, if necessary			
Replace sewing machine light			
Identify attachments			
Insert attachments			
Use seam gauge			
Use zipper foot			
Identify a serger			
Identify seam sewn on serger			

Machine Stitching

Straight stitch			
Back stitch			
Stitch in same place			
Pivot			
Use hand wheel correctly			
Control speed			
Make samples			
Remove pins before sewing over them			
Secure seams at both ends			
Clip threads			
Pull thread inside garment			
Turn stitched area inside out			

(continued on page 5)

	Skills I know	Skills to try this year (date)	Skills I have improved (date)
Machine Stitching *(continued)*			
Gather fabric			
Apply zig-zag stitch			
Staystitch			
Understitch			
Stitch in the ditch			
Top stitch			
Match plaids or stripes			
Match notches			
Stitch dart			
Stitch gathers			
Sew casing for elastic or cord			
Seams			
Sew even seams			
Sew curved seams			
Grade seams to reduce bulk			
Select seam finish appropriate for fabric and care			
Ease seams and hems			
Turn under and stitch seam			
Pink a seam			
Sew a French seam			
Sew a flat-fell seam			
Sew a mock flat-fell seam			
Select finish for knit garment			
Sew serged seam:			
Flatlock			
Overlock			
Other _____			
Reinforce seams			
Use seam and stay tapes			
Notch convex curves			
Clip concave curves			
Sleeves			
Select correct shoulder pad			
Identify and sew:			
Set-in sleeves			
Raglan sleeves			
Kimono sleeves			
Sew a cuff			
Make a placket			
Other _____			

	Skills I know	Skills to try this year (date)	Skills I have improved (date)
Necklines and Collars			
Recognize and apply:			
Plain facings			
Convertible collar			
Shawl collar			
Peter Pan collar			
Knit band			
Turtleneck			
Other _____			
Pockets			
Recognize and apply:			
Patch pocket			
Set-in pocket			
Welt pocket			
Waistline			
Recognize and apply:			
Elastic or drawstring casing			
Faced waistline			
Skirt or pants waistband			
Waistband with elastic inset			
Waistband with belt loops			
Fasteners			
Select correct size button			
Mark buttonholes			
Sew on a shank button			
Sew on a two- or four-hole button			
Sew on a button by machine			
Sew a machine buttonhole			
Sew a bound buttonhole			
Cover a button			
Sew on hooks and eyes			
Sew on snaps			
Attach hook and loop tape			
Apply grommets			
Attach frogs or toggles			
Zippers			
Apply:			
Lapped zipper			
Centered zipper			
Fly zipper			
Separating zipper			
Invisible zipper			
Hand-picked zipper			
Repair a zipper			

Skills I know	Skills to try this year (date)	Skills I have improved (date)

Hem and Hem Edges

Measure hem for another person			
Choose correct hem width			
Choose correct hem stitch			
Create even hem width			
Ease hem to prevent puckers			
Hand stitch hem			
Machine stitch hem			
Top stitch hem			
Machine hem heavy fabric			
Sew Hong Kong hem			
Sew rolled edge			
Apply bias tape			
Make bias tape			
Fringe an edge			
Line a garment			
Underline a garment			

Pressing

Finger press			
Press as you sew			
Recognize and prevent scorching			
Prevent shine on the right side			
Know differences between pressing and ironing			
Use correct iron setting for fiber and fabric			
Select and use dry or steam iron			
Press darts			
Press hems			
Press gathers and eased areas			
Press sleeves			
Press a shirt			
Press napped fabrics			
Press on wool			
Final press			
Use a press cloth or mitt			
Make a pressing aid			
Use a seam roll			
Use a point presser			
Use a pressing ham			
Use a pounding block			
Fill and remove water from iron			
Shut off iron after use			
Store iron correctly			
Clean off residue on iron's sole plate			
Set up, take down, and adjust board			
Replace ironing board cover and pad			

	Skills I know	Skills to try this year (date)	Skills I have improved (date)
Care			
Use a lint brush			
Steam or hang out wrinkles			
Reposition fasteners			
Make simple repairs			
Shorten a garment			
Lengthen a garment			
Patch a garment			
Darn a hole			
Ease snagged yarn inside garment			
Sort laundry by care instructions and color			
Select type and amount of detergent			
Operate washer and dryer			
Hand wash a sweater			
Hand wash hose or socks			
Block a sweater before washing			
Fold a sweater			
Press a shirt			
Press slacks			
Hang slacks			
Hang napped and bias garment			
Recognize and remove fabric pills			
Prevent stains			
Recognize that stains must be removed promptly			
Stain-removal techniques			
Select correct size shoes and socks			
Polish shoes			
Pack clothing for a trip			
Dry clothes on a line			
Use a clothes brush			
Prevent and treat static cling			
Other Techniques			
Turn a tube of fabric			
Miter corners			
Scallop an edge			
Apply decorative stitches			
Apply piping			
Make a tassel			
Make a pompom			
Stuff a toy or other item			
Apply trim to a garment			
Apply ribbing			
Make ruffles			
Make tucks			
Make pleats			
Enlarge a pattern			

(continued on back panel, page 9)

Record of Sewing Experiences

In each of the boxes, place a swatch of fabric and/or a sketch or picture of yourself and what you have made. This record of accomplishment will help you remember the many things you did or learned in your projects.

PROJECT _____

DATE _____

PROJECT _____

DATE _____

PROJECT _____

DATE _____

PROJECT _____

DATE _____

PROJECT _____

DATE _____

PROJECT _____

DATE _____

PROJECT _____

DATE _____

PROJECT _____

DATE _____

	Skills I know	Skills to try this year (date)	Skills I have improved (date)
Other Techniques *(continued)*			
Use rotary cutter			
Sew a preprinted panel			
Adapt garment for person with a disability			
Quilt fabric			
Stencil or apply fabric paint			
Apply sequins or beads			
Appliqué fabric			
Recycle a garment			
Sew a gusset			
Prepare garments to give away			
Sew on sheer fabrics			
Sew on wool fabric			
Sew on napped fabric			
Sew on knit fabric			
Consumer			
Calculate time and savings			
Calculate percentage discounts			
Complete a catalog order			
Make a return			
Plan purchases			
Comparison shop			
Write a complaint or a complimentary letter			
Recognize good fit			
Visit or use:			
Dry cleaner			
Alterations person			
Shoe repair			
Selection and Design			
Use design elements in choosing accessories			
Tie a bow			
Tie a scarf			
Tie a tie			

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